

Allyson Felix (USA)

2001-2022

60m - 7.10i (2012)
100m - 10.89 (2012)
150m - 16.36 (2013)_(straightaway)
200m - 21.69 (2012)
300m - 36.33i (2007)
400m - 49.26 (2015)
4x 100m - 40.82 (2012) **WR**
4x 400m - 3:16.85 (2021)
4x 400m Mix - 3:09.34 (2019) **WR**



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Todd Henson

Allyson Felix (USA) (1985)

Career Highlights 2001-2022

2022	World Athletics Championships (Oregon, USA)		
	4x 400m Relay	1st (heats)	3:23.38 (h1)
	4x 400m Mixed Relay	3rd	3:10.16 (F)
2021	2020 Olympic Games (Tokyo, JPN)		
	4x 400m Relay	1st	3:16.85 (F)
	400m	3rd	49.46 (F) MWR (W35). 49.89 (sf3), 50.84 (h3)
2019	IAAF World Championships (Doha, QAT)		
	4x 400m Relay	1st (heats)	3:22.96 (h2)
	4x 400m Mixed Relay	1st	3:09.34 (F) WR
2017	IAAF World Championships (London, GBR)		
	4x 400m Relay	1st	3:19.02 (F)
	4x 100m Relay	1st	41.82 (F), 41.84 (h1)
	400m	3rd	50.08 (F), 50.12 (sf2), 52.44 (h1)
2016	Olympic Games (Rio de Janeiro, BRA)		
	4x 400m Relay	1st	3:19.06 (F)
	4x 100m Relay	1st	41.01 (F), 41.77 (h3)
	400m	2nd	49.51 (F), 49.67 (sf3), 51.24 (h2)
2015	IAAF World Championships (Beijing, CHN)		
	4x 400m Relay	2nd	3:19.44 (47.72) (F)
	4x 100m Relay	2nd	41.68 (F), 42.00 (sf2)
	400m	1st	49.26 (F) PB , 49.89 (sf3), 50.60 (h1)
	IAAF World Relay Championships (Nassau, BAH)		
	4x 100m Relay	2nd	42.32 (F). 42.63 (h2)
	4x 200m Relay	dnf	DNF (F)
2013	IAAF World Championships (Moscow, RUS)		
	200m	dnf	DNF (F) (injured), 22.30 (sf2), 22.59 (h6)
2012	Olympic Games (London, GBR)		
	4x 400m Relay	1st	3:16.88 (48.2) (F)
	4x 100m Relay	1st	40.82 (F) WR OR
	200m	1st	21.88 (F), 22.31 (sf2), 22.71 (h2)
	100m	5th	10.89 (F) PB , 10.94 (sf2), 11.01w (h5)
2011	IAAF World Championships (Daegu, KOR)		
	4x 400m Relay	1st	3:18.09 (F)
	4x 100m Relay	1st	41.56 (F)
	200m	2nd	22.42 (F), 22.67 (sf3), 22.71 (h3)
	400m	3rd	49.59 (F), 50.36 (sf1), 51.45 (h1)
2010	IAAF World Indoor Championships (Doha, QAT)		
	4x 400m Relay	1st	3:27.34i (F) AR
2009	IAAF World Championships (Berlin, GER)		
	4x 400m Relay	1st	3:17.83 (F)
	200m	1st	22.02 (F), 22.44 (sf2), 22.88 (h3)
2008	Olympic Games (Beijing, CHN)		
	4x 400m Relay	1st	3:18.54 (48.55) (F)
	200m	2nd	21.93 (F), 22.33 (sf2), 22.74 (qf1), 23.02 (h1)
2007	IAAF World Championships (Berlin, GER)		
	4x 400m Relay	1st	3:18.55 (F)
	4x 100m Relay	1st	41.98 (F)
	200m	1st	21.81 (F) PB , 22.21 (sf1), 22.61 (qf2), 22.50 (h1)
2006	IAAF World Athletics Final (Stuttgart, GER)		
	200m	1st	22.11 (F) =PB
	100m	3rd	11.07 (F)
2005	IAAF World Championships (Helsinki, FIN)		
	200m	1st	22.16 (F), 22.90 (sf2), 22.68 (h2)
2004	Olympic Games (Athens, GRE)		
	200m	2nd	22.18 (F) WJR , 22.36 (sf1), 22.69 (qf3), 22.39 (h4)
2003	IAAF World Championships (Paris, FRA)		
	200m	quarter-finals	23.33 (qf3), 23.46 (h1)
	Pan American Championships (Santo Domingo, DOM)		
	4x 100m Relay	1st	43.06 (F)
	200m	3rd	22.93 (F), 22.92 (1)
	IAAF World Indoor Championships (Birmingham, GBR)		
	200m	semi-final	23.29i (sf3), 23.36i (h3)
2002	IAAF World Junior Championships (Kingston, JAM)		
	4x 100m Relay	2nd (heats)	43.92 (h2)
	200m	5th	23.48 (F), 23.73 (sf2), 23.77 (h4)
2001	IAAF World Youth Championships (Debrecen, HUN)		
	Medley Relay	1st	2:03.83 (F), 2:09.36 (h2)
	100m	1st	11.57 (F), 11.76 (sf3), 12.11 (h5)

Allyson Felix (USA) Career 2001-2022

Major Awards Won

IAAF Female World Athlete of the Year - 2012

USATF Jesse Owens/Jackie Joyner Kersee Award - 2005, 2007, 2010, 2012, 2015

Major Medals Won

Olympic Games

Gold (7) 2021 (4x400m), 2016 (4x100m & 4x400m), 2012 (200m, 4x100m & 4x400m),
2008 (4x400m)
Silver (3) 2016 (400m), 2008 (200m), 2004 (200m)
Bronze (1) 2021 (400m)

World Athletics (IAAF) Championships

Gold (14) 2022 (4x400m), 2019 (4x400m & 4x400m Mix), 2017 (4x100m & 4x400m), 2015 (400m),
2011 (4x100m & 4x400m), 2010 indoor (4x400m), 2009 (200m),
2007 (200m, 4x100m, & 4x400m), 2005 (200m)
Silver (3) 2015 (4x100m & 4x400m)
Bronze (3) 2022 (4x400m Mix), 2017 (400m), 2011 (200m)

Diamond League Titles

200m 2010, 2014, 2015
400m 2010

Major Records Set

200m 22.18 **WU20R** (2004)
22.11A **AU20R, WYB18, WYB17** (2003)
400m 49.46 **MWR** (2021)
4x 100m 40.82 **WR** (2012)
4x 400m 3:27.34i **AR** (2010)
4x 400m Mixed 3:09.34 **WR** (2019)

USA National Titles

100m 2010
200m 2004, 2005, 2007, 2008, 2009, 2012
400m 2011, 2015, 2016

***“A Champion on the Track, but most Importantly,
A Champion For WOMEN”***

- allysonfelix.com/about

100m Sprint Split Data



Felix, Allyson (USA) (1985)

			10m	20m	30m	40m	50m	60m	70m	80m	90m	100m	Official Time	Lane / Place	0-30m	30-60m	60-90m
FINAL - 2020 Millrose Games (New York, NY)													<i>PrimeTime Timing (2020) - http://results.nyrrmillrosegames.org/</i>				
date	08-Feb-20	time	2.20	3.33	4.32	5.33	6.25	7.32					7.32	5 / 6			
reaction time	0.170	interval		1.13	0.99	1.01	0.92	1.07						# of strides	4.32	3.00	
		velocity	4.55	8.85	10.10	9.90	10.87	9.35					8.20	31.0	6.94	10.00	
FINAL - 2012 Seiko Golden Grand Prix (Kawasaki, JPN)													<i>Akirabun (2013) - speed change and the highest speed section appearance in the 100m race of 2012 and 2013</i>				
date	06-May-12	time	2.06	3.24	4.25	5.23	6.20	7.18	8.17	9.17	10.18	11.22	11.22	4 / 1			
reaction time		interval		1.18	1.01	0.98	0.97	0.98	0.99	1.00	1.01	1.04		# of strides	4.25	2.93	3.00
wind	0.1 m/s	velocity	4.85	8.47	9.90	10.20	10.31	10.20	10.10	10.00	9.90	9.62	8.91	46.5	7.06	10.24	10.00
FINAL - 2009 Seiko Super Grand Prix (Kawasaki, JPN)													<i>Akirabun (2010) - analysis of speed and stride on straight track events in the 2009 season</i>				
date	23-Sep-09	time	2.02	3.16	4.20	5.20	6.17	7.15	8.14	9.15	10.17	11.22	11.22	4 / 1			
reaction time		interval		1.14	1.04	1.00	0.97	0.98	0.99	1.01	1.02	1.05		# of strides	4.20	2.95	3.02
wind	-0.8 m/s	velocity	4.95	8.77	9.62	10.00	10.31	10.20	10.10	9.90	9.80	9.52	8.91	46.0	7.14	10.17	9.93
FINAL - 2008 USA Olympic Trials (Eugene, OR)													<i>USATF Women's Sprint Development with HPC (2008)</i>				
date	28-Jun-08	time	2.12	3.20	4.20	5.18	6.12	7.09	8.04	9.01	9.94	10.96	10.96	8 / 5			
reaction time		interval		1.08	1.00	0.98	0.94	0.97	0.95	0.97	0.93	1.02		# of strides	4.20	2.89	2.85
wind	1.0 m/s	velocity	4.72	9.26	10.00	10.20	10.64	10.31	10.53	10.31	10.75	9.80	9.12	45.5	7.14	10.38	10.53
Semi-Final 2 - 2008 USA Olympic Trials (Eugene, OR)													<i>USATF Women's Sprint Development with HPC (2008)</i>				
date	28-Jun-08	time	2.15	3.22	4.22	5.24	6.20	7.14	8.05	9.04	10.01	11.00	11.00	3 / 3			
reaction time		interval		1.07	1.00	1.02	0.96	0.94	0.91	0.99	0.97	0.99		# of strides	4.22	2.92	2.87
wind	1.8 m/s	velocity	4.65	9.35	10.00	9.80	10.42	10.64	10.99	10.10	10.31	10.10	9.09	45.0	7.11	10.27	10.45
Quarter-Final 2 - 2008 USA Olympic Trials (Eugene, OR)													<i>USATF Women's Sprint Development with HPC (2008)</i>				
date	27-Jun-08	time	2.10	3.22	4.22	5.20	6.14	7.11	8.06	9.01	9.94	10.98	10.98	4 / 2			
reaction time		interval		1.12	1.00	0.98	0.94	0.97	0.95	0.95	0.93	1.04		# of strides	4.22	2.89	2.83
wind	0.7 m/s	velocity	4.76	8.93	10.00	10.20	10.64	10.31	10.53	10.53	10.75	9.62	9.11		7.11	10.38	10.60
Heat 2 - 2008 USA Olympic Trials (Eugene, OR)													<i>USATF Women's Sprint Development with HPC (2008)</i>				
date	27-Jun-08	time	2.14	3.25	4.24	5.21	6.17	7.11	8.06	9.04	9.99	11.01	11.01	8 / 1			
reaction time		interval		1.11	0.99	0.97	0.96	0.94	0.95	0.98	0.95	1.02		# of strides	4.24	2.87	2.88
wind	3.5 m/s	velocity	4.67	9.01	10.10	10.31	10.42	10.64	10.53	10.20	10.53	9.80	9.08		7.08	10.45	10.42
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Sep-07	time		3.22	4.24	5.23		7.18		9.15		11.15	11.15	6 / 2			
reaction time	0.167	interval			1.02	0.99		1.95		1.97		2.00		# of strides	4.24	2.94	
wind	-0.6 m/s	velocity		6.21	9.80	10.10		10.26		10.15		10.00	8.97	46.1	7.08	10.20	
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)													<i>Akirabun (2007) - speed analysis of the 100m and hurdles with a laser system</i>				
date	06-May-06	time	2.04	3.18	4.20	5.20	6.17	7.14	8.10	9.08	10.08	11.11	11.11	/ 1			
reaction time		interval		1.14	1.02	1.00	0.97	0.97	0.96	0.98	1.00	1.03		# of strides	4.20	2.94	2.94
wind	2.6 m/s	velocity	4.90	8.77	9.80	10.00	10.31	10.31	10.42	10.20	10.00	9.71	9.00		7.14	10.20	10.20

200m Sprint Split Data

Getty Images for World Athletics



David J. Phillip / Associated Press

Felix, Allyson (USA) (1985)

			50m	100m	150m	200m	Official Time	Lane / Place	0-100m	100-200m	Differential
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA)			Omega Timing (2022) - diamond league race analysis								
date	09-Jun-22	time	6.36	11.53	16.99	22.97	22.97	8 / 7			
reaction time	0.159	interval		5.17	5.46	5.98		# of strides	11.53	11.44	0.09
wind	1.3 m/s	velocity	7.86	9.67	9.16	8.36	8.71	94.0	8.67	8.74	
FINAL - 2016 USA Olympic Trials (Eugene, OR)			Hymans (2020) - history of the US olympic trials - track and field								
date	10-Jul-16	time		11.5		22.6	22.54	5 / 4			
reaction time	0.187	interval				11.10		# of strides	11.50	11.10	0.40
wind	-0.6 m/s	velocity		8.70		9.01	8.87	93.0	8.70	9.01	
FINAL - 2013 Great CityGames (Manchester, GBR) (150m straightaway)			Jalava (2013) - www.tilastopaja.org								
date	25-May-13	time	6.16	11.05	16.36		16.36	2 / 1			50-150m
reaction time		interval		4.89	5.31		WB	# of strides	11.05		10.20
wind	0.2 m/s	velocity	8.12	10.22	9.42		9.17		9.05		9.80
FINAL - 2012 Olympic Games (London, GBR)			Butler (2016) - IAAF statistics handbook- special edition: Games of the XXXI Olympiad- Rio 2016								
date	08-Aug-12	time		11.05		21.88	21.88	7 / 1			
reaction time	0.174	interval				10.83		# of strides	11.05	10.83	0.22
wind	-0.2 m/s	velocity		9.05		9.23	9.14	98.2	9.05	9.23	
FINAL - 2012 USA Olympic Trials (Eugene, OR)			Hymans (2020) - history of the US olympic trials - track and field								
date	30-Jun-12	time		11.1		21.69	21.69	6 / 1			
reaction time	0.203	interval				10.59	PB	# of strides	11.10	10.59	0.51
wind	1.0 m/s	velocity		9.01		9.44	9.22		9.01	9.44	
FINAL - 2011 IAAF World Championships (Daegu, KOR)			KSSB (2011) - biomechanical analysis of men's 200m (final)								
date	02-Sep-11	time	6.18	11.31	16.62	22.42	22.42	3 / 3			
reaction time	0.187	interval		5.13	5.31	5.80		# of strides	11.31	11.11	0.20
wind	-1.0 m/s	velocity	8.09	9.75	9.42	8.62	8.92	88.2	8.84	9.00	
FINAL - 2011 Great CityGames (Manchester, GBR) (200m straightaway)			Butler (2011) - Gay's last 100 in Manchester street 150								
date	15-May-11	time	6.31	11.26	16.48	22.12	22.12	2 / 1			
reaction time		interval		4.95	5.22	5.64		# of strides	11.26	10.86	0.40
wind	2.6 m/s	velocity	7.92	10.10	9.58	8.87	9.04		8.88	9.21	
FINAL - 2010 Great CityGames (Manchester, GBR) (200m straightaway)			Jalava (2010) - www.tilastopaja.org								
date	16-May-10	time		11.31	16.68	22.55	22.55	2 / 1			
reaction time		interval			5.37	5.87		# of strides	11.31	11.24	0.07
wind	0.2 m/s	velocity		8.84	9.31	8.52	8.87		8.84	8.90	
FINAL - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships								
date	21-Aug-09	time	6.25	11.16	16.37	22.02	22.02	6 / 1			
reaction time	0.173	interval		4.91	5.21	5.65		# of strides	11.16	10.86	0.30
wind	-0.1 m/s	velocity	8.00	10.18	9.60	8.85	9.08		8.96	9.21	
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships								
date	20-Aug-09	time	6.32	11.34	16.67	22.44	22.44	5 / 1			
reaction time	0.167	interval		5.02	5.33	5.77		# of strides	11.34	11.10	0.24
wind	0.3 m/s	velocity	7.91	9.96	9.38	8.67	8.91		8.82	9.01	
Heat 3 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships								
date	19-Aug-09	time	6.31	11.42	16.94	22.88	22.88	6 / 1			
reaction time	0.175	interval		5.11	5.52	5.94		# of strides	11.42	11.46	-0.04
wind	0.0 m/s	velocity	7.92	9.78	9.06	8.42	8.74		8.76	8.73	
FINAL - 2008 Olympic Games (Beijing, CHN)			Butler (2016) - IAAF statistics handbook- special edition: Games of the XXXI Olympiad- Rio 2016								
date	21-Aug-08	time		11.17		21.93	21.93	5 / 2			
reaction time	0.193	interval				10.76		# of strides	11.17	10.76	0.41
wind	0.6 m/s	velocity		8.95		9.29	9.12	89.5	8.95	9.29	
FINAL - 2008 USA Olympic Trials (Eugene, OR)			USATF Women's Sprint Development with HPC (2008)								
date	06-Jul-08	time	6.30	11.28	16.33	21.82	21.82	5 / 1			
reaction time		interval		4.98	5.05	5.49		# of strides	11.28	10.54	0.74
wind	5.6 m/s	velocity	7.94	10.04	9.90	9.11	9.17		8.87	9.49	

Semi-Final 2 - 2008 USA Olympic Trials (Eugene, OR)

date	05-Jul-08	time	6.34	11.37	16.53	22.22	22.22
reaction time		interval		5.03	5.16	5.69	
wind	0.0 m/s	velocity	7.89	9.94	9.69	8.79	9.00

USATF Women's Sprint Development with HPC (2008)

6 / 1			
# of strides	11.37	10.85	0.52
	8.80	9.22	

Quarter-Final 2 - 2008 USA Olympic Trials (Eugene, OR)

date	05-Jul-08	time	6.51	11.71	17.13	23.09	23.09
reaction time		interval		5.20	5.42	5.96	
wind	1.3 m/s	velocity	7.68	9.62	9.23	8.39	8.66

USATF Women's Sprint Development with HPC (2008)

5 / 2			
# of strides	11.71	11.38	0.33
	8.54	8.79	

Heat 3 - 2008 USA Olympic Trials (Eugene, OR)

date	04-Jul-08	time	6.37	11.54	16.83	22.68	22.68
reaction time		interval		5.17	5.29	5.85	
wind	0.5 m/s	velocity	7.85	9.67	9.45	8.55	8.82

USATF Women's Sprint Development with HPC (2008)

6 / 1			
# of strides	11.54	11.14	0.40
	8.67	8.98	

FINAL - 2007 IAAF World Championships (Osaka, JPN)

date	31-Aug-07	time	6.19	11.15	16.28	21.81	21.81
reaction time	0.172	interval		4.96	5.13	5.53	PB
wind	1.7 m/s	velocity	8.08	10.08	9.75	9.04	9.17

Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data

5 / 1			
# of strides	11.15	10.66	0.49
	8.97	9.38	

FINAL - 2007 USATF National Championships (Indianapolis, IN)

date	24-Jun-07	time		11.5		22.3	22.34
reaction time		interval				10.80	
wind	0.4 m/s	velocity		8.70		9.26	8.95

Track Newsletter (2005) - World championships- women

4 / 1			
# of strides	11.50	10.80	0.70
	8.70	9.26	

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

date	12-Aug-05	time		11.3		22.2	22.16
reaction time	0.180	interval				10.90	
wind	0.2 m/s	velocity		8.85		9.17	9.03

Track Newsletter (2005) - World championships- women

6 / 1			
# of strides	11.30	10.90	0.40
	8.85	9.17	

FINAL - 2005 USATF National Championships (Carson, CA)

date	26-Jun-05	time	6.38	11.32	16.70	22.13	22.13
reaction time		interval		4.94	5.38	5.43	
wind	0.3 m/s	velocity	7.84	10.12	9.29	9.21	9.04

USATF Women's Sprint Development (2005)

6 / 1			
# of strides	11.32	10.81	0.51
	8.83	9.25	

FINAL - 2004 Olympic Games (Athens, GRE)

date	25-Aug-04	time		11.2		22.2	22.18
reaction time		interval				11.0	WJR
wind	0.8 m/s	velocity		8.93		9.09	9.02

Butler (2016) - IAAF statistics handbook- special edition: Games of the XXXI Olympiad- Rio 2016

3 / 2			
# of strides	11.20	11.00	0.20
	8.93	9.09	

FINAL - 2004 USA Olympic Trials (Sacramento, CA)

date	18-Jul-04	time	6.34	11.43	16.62	22.28	22.28
reaction time		interval		5.09	5.19	5.66	
wind	-1.2 m/s	velocity	7.89	9.82	9.63	8.83	8.98

USATF Women's Sprint Development (2004)

6 / 1			
# of strides	11.43	10.85	0.58
	8.75	9.22	

Semi-Final 2 - 2004 USA Olympic Trials (Sacramento, CA)

date	17-Jul-04	time	6.39	11.55	16.91	22.70	22.70
reaction time		interval		5.16	5.36	5.79	
wind	-1.2 m/s	velocity	7.82	9.69	9.33	8.64	8.81

USATF Women's Sprint Development (2004)

7 / 1			
# of strides	11.55	11.15	0.40
	8.66	8.97	

Heat 2 - 2004 USA Olympic Trials (Sacramento, CA)

date	16-Jul-04	time	6.32	11.50	16.79	22.67	22.67
reaction time		interval		5.18	5.29	5.88	
wind	-0.3 m/s	velocity	7.91	9.65	9.45	8.50	8.82

USATF Women's Sprint Development (2004)

6 / 2 1			
# of strides	11.50	11.17	0.33
	8.70	8.95	

FINAL - 2003 USATF National Championships (Palo Alto, CA)

date	22-Jun-03	time	6.54	11.79	17.01	22.59	22.59
reaction time		interval		5.25	5.22	5.58	
wind	0.0 m/s	velocity	7.65	9.52	9.58	8.96	8.85

USATF Women's Sprint Development (2003)

4 / 3 2			
# of strides	11.79	10.80	0.99
	8.48	9.26	

400m Sprint Split Data

Champion - Mother - Entrepreneur



Felix, Allyson (USA) (1985)

			50m	100m	150m	200m	250m	300m	350m	400m	Official Time	Lane / Place	0-100m	100-200m	200-300m	300-400m	0-200m	200m-400m	Differential
FINAL - 2022 USATF National Championships (Eugene, OR)												<i>Track Newsletter (2022) - USATF championships women</i>							
date	25-Jun-22	time		12.25		24.77		37.38		51.24	51.24	/ 6							
reaction time		interval				12.52		12.61		13.86		# of strides	12.25	12.52	12.61	13.86	24.77	26.47	1.70
		velocity		8.16		7.99		7.93		7.22	7.81		8.16	7.99	7.93	7.22	8.07	7.56	
FINAL - 2021 Meeting de Paris (Paris, FRA)												<i>Omega Timing (2021) - diamond league race analysis</i>							
date	28-Aug-21	time	6.5	11.9	17.9	24.0	30.3	36.6	43.2	50.47	50.47	6 / 3							
reaction time	0.171	interval		5.40	6.00	6.10	6.30	6.30	6.60	7.27		# of strides	11.90	12.10	12.60	13.87	24.00	26.47	2.47
		velocity	7.69	9.26	8.33	8.20	7.94	7.94	7.58	6.88	7.93	184.7	8.40	8.26	7.94	7.21	8.33	7.56	
FINAL - 2020 Olympic Games (Tokyo, JPN)												<i>Omega Timing (2022) - Tokyo 2020 - race analysis - women's 400m final</i>							
date	06-Aug-21	time	6.52	11.85	17.52	23.40	29.44	35.68	42.29	49.47	49.46	9 / 3							
reaction time	0.158	interval		5.33	5.67	5.88	6.04	6.24	6.61	7.18		# of strides	11.85	11.55	12.28	13.79	23.40	26.07	2.67
		velocity	7.67	9.38	8.82	8.50	8.28	8.01	7.56	6.96	8.09	183.2	8.44	8.66	8.14	7.25	8.55	7.67	
FINAL - 2019 The Match - Europe v USA (Minsk, BLR)												<i>European Athletics (2019) - race analysis</i>							
date	09-Sep-19	time		12.49		25.31		37.70		51.36	51.36	8 / 2							
reaction time	0.187	interval				12.82		12.39		13.66		# of strides	12.49	12.82	12.39	13.66	25.31	26.05	0.74
		velocity		8.01		7.80		8.07		7.32	7.79	186.0	8.01	7.80	8.07	7.32	7.90	7.68	
FINAL - 2019 USATF National Championships (Des Moines, IA)												<i>Track Newsletter (2019) - USATF championships women</i>							
date	27-Jul-19	time				24.9		38.0		51.9	51.94	/ 6							
reaction time		interval						13.10		13.90		# of strides			13.10	13.90	24.90	27.00	2.10
		velocity				8.03		7.63		7.19	7.70				7.63	7.19	8.03	7.41	
FINAL - 2017 IAAF World Championships (London, GBR)												<i>Pollitt (2018) - biomechanical report for the IAAF World Champs - London 2017 - Women's 400m</i>							
date	09-Aug-17	time		11.46		22.70		35.46	42.31	49.90	50.08	5 / 3							
reaction time	0.184	interval				11.24		12.76	6.85	7.59		# of strides	11.46	11.24	12.76	14.44	22.70	27.20	4.50
		velocity		8.73		8.90		7.84	7.30	6.59	7.99	181.6	8.73	8.90	7.84	6.93	8.81	7.35	
Semi-Final 2 - 2017 IAAF World Championships (London, GBR)												<i>Pollitt (2018) - biomechanical report for the IAAF World Champs - London 2017 - Women's 400m</i>							
date	07-Aug-17	time		11.65		23.22		36.01	42.98	49.94	50.12	4 / 2							
reaction time	0.178	interval				11.57		12.79	6.97	6.96		# of strides	11.65	11.57	12.79	13.93	23.22	26.72	3.50
		velocity		8.58		8.64		7.82	7.17	7.18	7.98	181.0	8.58	8.64	7.82	7.18	8.61	7.49	
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA)												<i>Yamamoto (2016) - race analysis of male & female 400m runners at major competitions in 2016</i>							
date	15-Aug-16	time	6.54	11.88	17.42	23.23	29.42	35.80	42.41	49.51	49.51	4 / 2							
reaction time	0.177	interval		5.34	5.54	5.81	6.19	6.38	6.61	7.10		# of strides	11.88	11.35	12.57	13.71	23.23	26.28	3.05
		velocity	7.65	9.36	9.03	8.61	8.08	7.84	7.56	7.04	8.08	181.0	8.42	8.81	7.96	7.29	8.61	7.61	
FINAL - 2016 USA Olympic Trials (Eugene, OR)												<i>Track Newsletter (2016) - US olympic trials women</i>							
date	03-Jul-16	time		12.00		24.2		36.5		49.7	49.68	6 / 1							
reaction time	0.206	interval				12.20		12.30		13.20		# of strides	12.00	12.20	12.30	13.20	24.20	25.50	1.30
		velocity		8.33		8.20		8.13		7.58	8.05	8.33	8.20	8.13	7.58	8.26	7.84		
FINAL - 2015 IAAF World Championships (Beijing, CHN)												<i>Kohei (2015) - 400m race analysis of male & female at major 2015 competitions</i>							
date	27-Aug-15	time	6.29	11.46	17.15	23.34	29.46	35.67	42.24	49.26	49.26	6 / 1							
reaction time	0.164	interval		5.17	5.69	6.19	6.12	6.21	6.57	7.02	PB	# of strides	11.46	11.88	12.33	13.59	23.34	25.92	2.58
		velocity	7.95	9.67	8.79	8.08	8.17	8.05	7.61	7.12	8.12	179.5	8.73	8.42	8.11	7.36	8.57	7.72	
Heat 1 - 2015 IAAF World Championships (Beijing, CHN)												<i>Yamamoto (2015) - race analysis of 15th World Championships 400m - focusing on men's semis and women's prelims</i>							
date	24-Aug-15	time	6.39	11.75	17.55	23.89	30.35	36.88	43.50	50.60	50.60	6 / 1							
reaction time	0.173	interval		5.36	5.80	6.34	6.46	6.53	6.62	7.10		# of strides	11.75	12.14	12.99	13.72	23.89	26.71	2.82
		velocity	7.82	9.33	8.62	7.89	7.74	7.66	7.55	7.04	7.91	8.51	8.24	7.70	7.29	8.37	7.49		
FINAL - 2015 USATF National Championships (Eugene, OR)												<i>Track Newsletter (2015) - USATF women's championships</i>							
date	27-Jun-15	time				24.6		37.2		50.2	50.19	/ 1							
reaction time		interval						12.6		13.0		# of strides			12.60	13.00	24.60	25.60	1.00
		velocity				8.13		7.94		7.69	7.97				7.94	7.69	8.13	7.81	
FINAL - 2011 IAAF World Championships (Daegu, KOR)												<i>Butler (2013) - IAAF world athletic results 2008-2011 full results</i>							
date	29-Aug-11	time				23.4		35.9		49.59	49.59	3 / 2							
reaction time	0.273	interval						12.50		13.69		# of strides			12.50	13.69	23.40	26.19	2.79
		velocity				8.55		8.00		7.30	8.07	175.7			8.00	7.30	8.55	7.64	
FINAL - 2011 USATF National Championships (Eugene, OR)												<i>Track Newsletter (2011) - USATF women's championships</i>							
date	25-Jun-11	time		12.1		24.2		37.0		50.4	50.40	/ 1							
reaction time		interval				12.10		12.80		13.40		# of strides	12.10	12.10	12.80	13.40	24.20	26.20	2.00
		velocity		8.26		8.26		7.81		7.46	7.94		8.26	8.26	7.81	7.46	8.26	7.63	